

The Campus Recreation Runaround, Walkaround Guide

A Map and Guide of Running, Walking and Cycling Trails Around the U of A Campus

For further information or maps, contact the Campus Recreation Office, Van Vliet Centre (ph. 492-2555)
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RUNNING EVALUATION SYSTEM LEGEND

Route: U of A - X

Starting Point to
Finishing Point Loop
X.XX Kms

Recreational / Novice Runner

Easy: Basically short, flat routes (8 Kms or less) with no hills longer than 150 metres.

Route: U of A - X

Starting Point to
Finishing Point Loop
X.XX Kms

Intermediate Fitness Level

Moderate: Middle distance routes (8-15 Kms) with some rolling hills longer than 150 metres or shorter routes that include some challenging hills.

Route: U of A - X

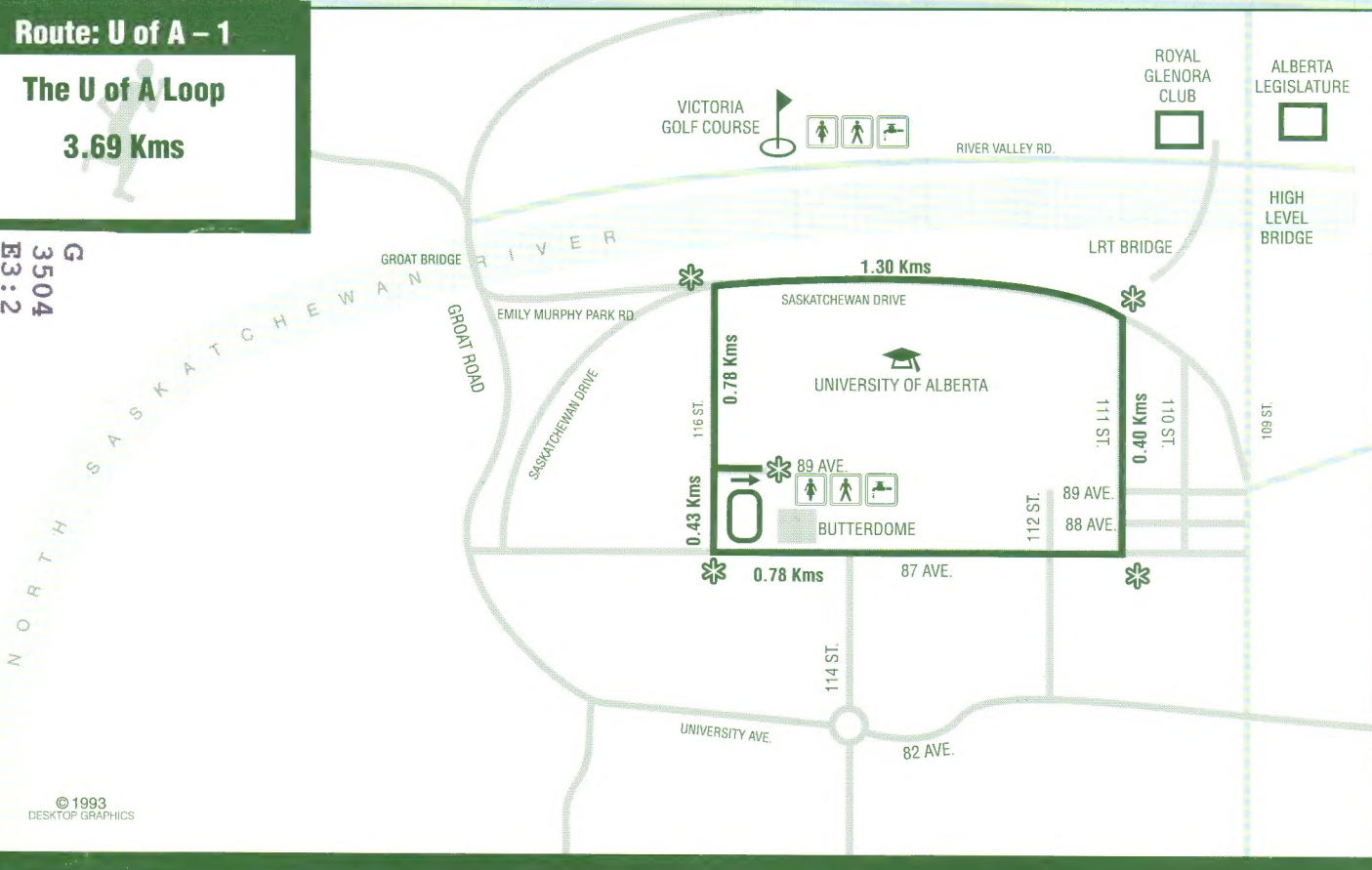
Starting Point to
Finishing Point Loop
X.XX Kms

Frequent Runner - Three or more runs per week

Hard: Long distance routes (over 15 Kms) with or without hills or moderate distance routes with very challenging hills.

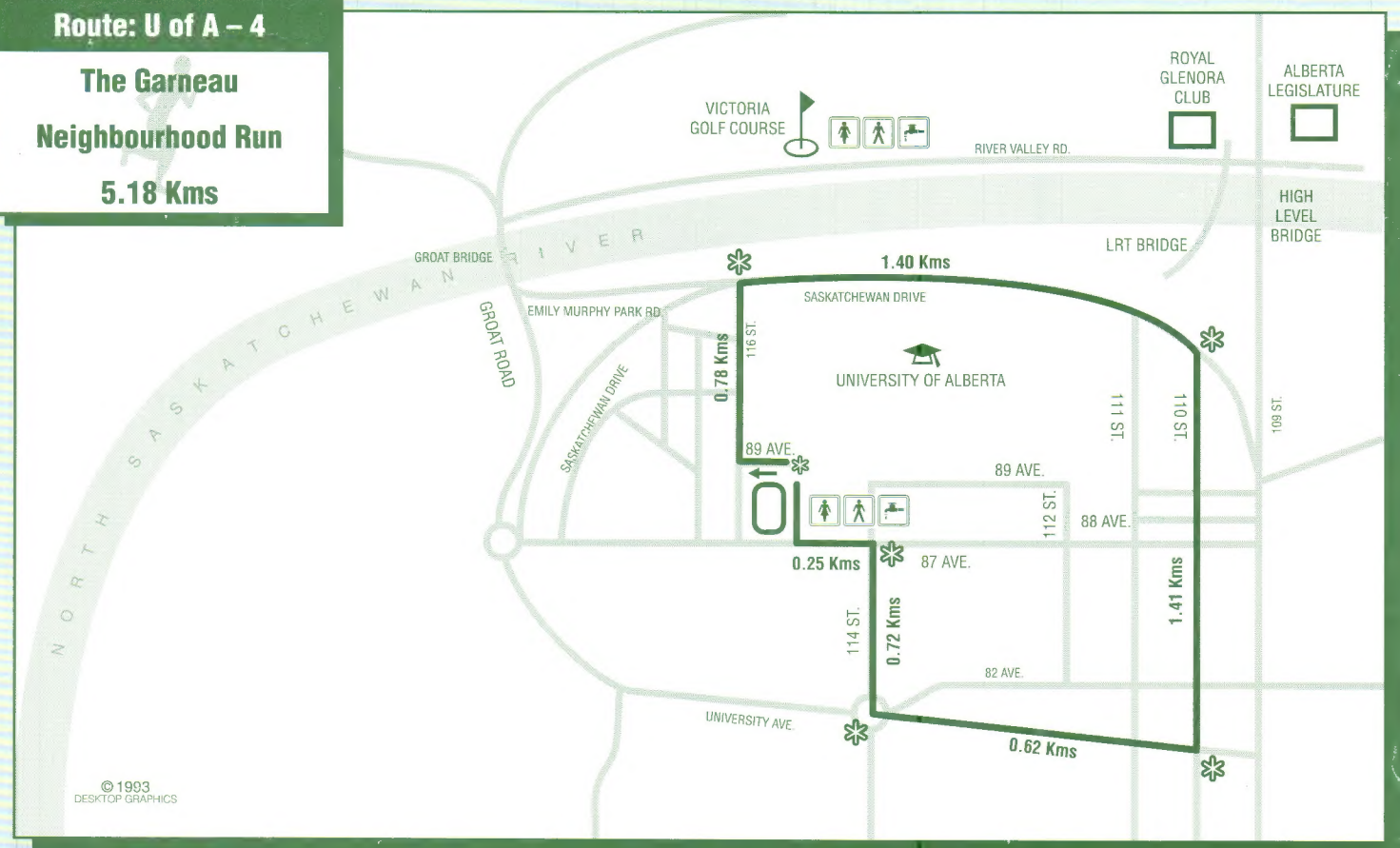
Route: U of A - 1

The U of A Loop
3.69 Kms



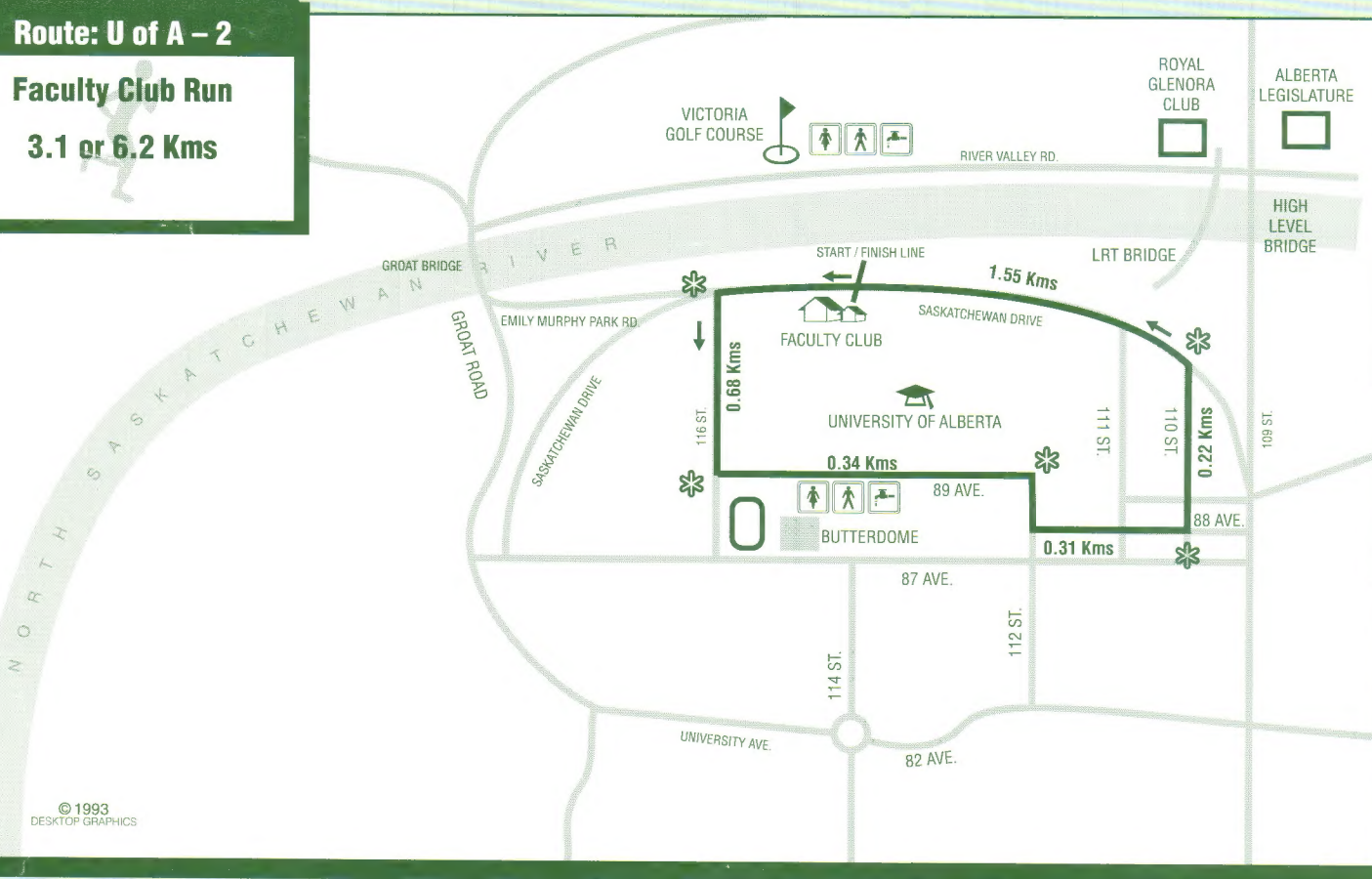
Route: U of A - 4

The Garneau
Neighbourhood Run
5.18 Kms



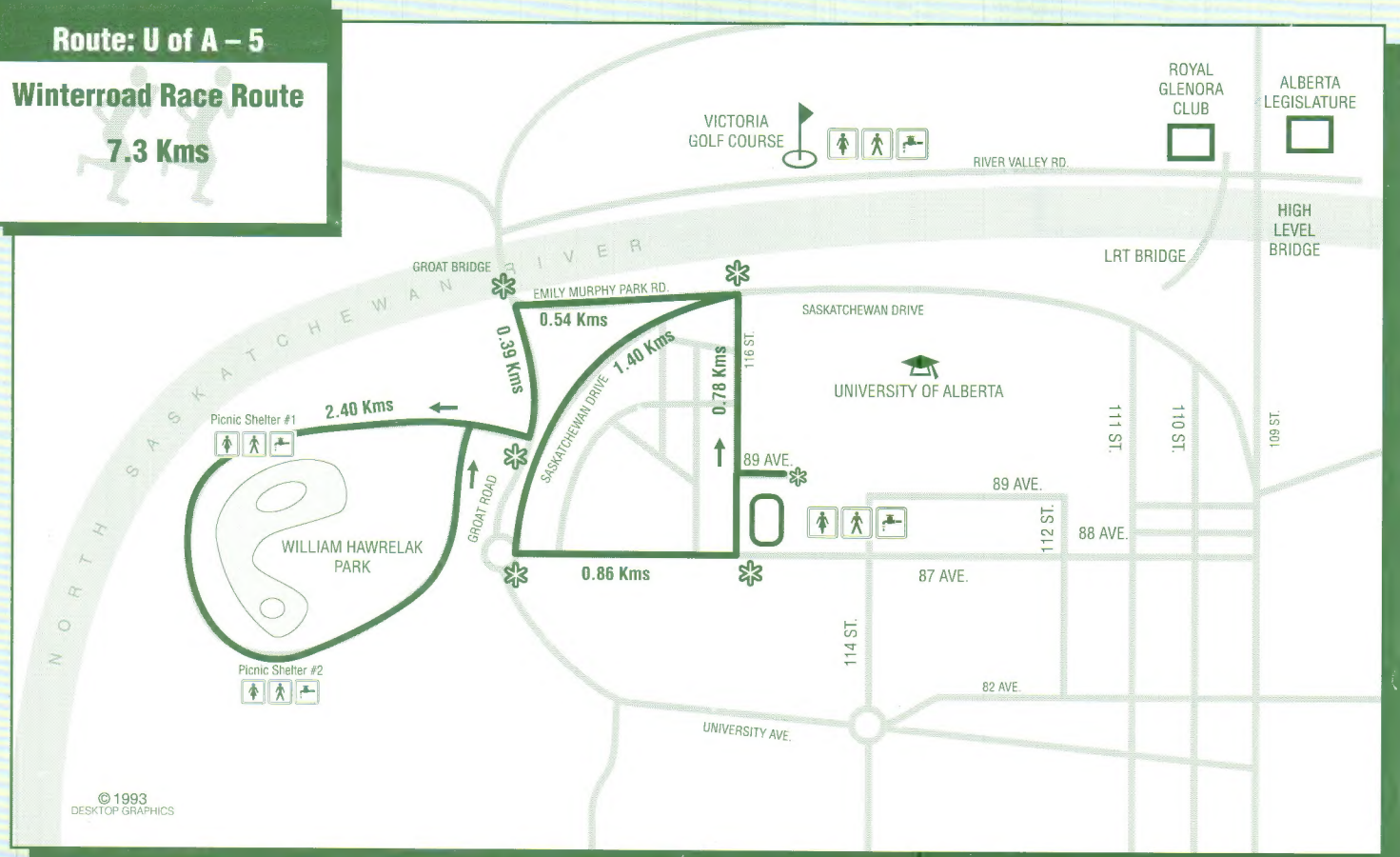
Route: U of A - 2

Faculty Club Run
3.1 or 6.2 Kms



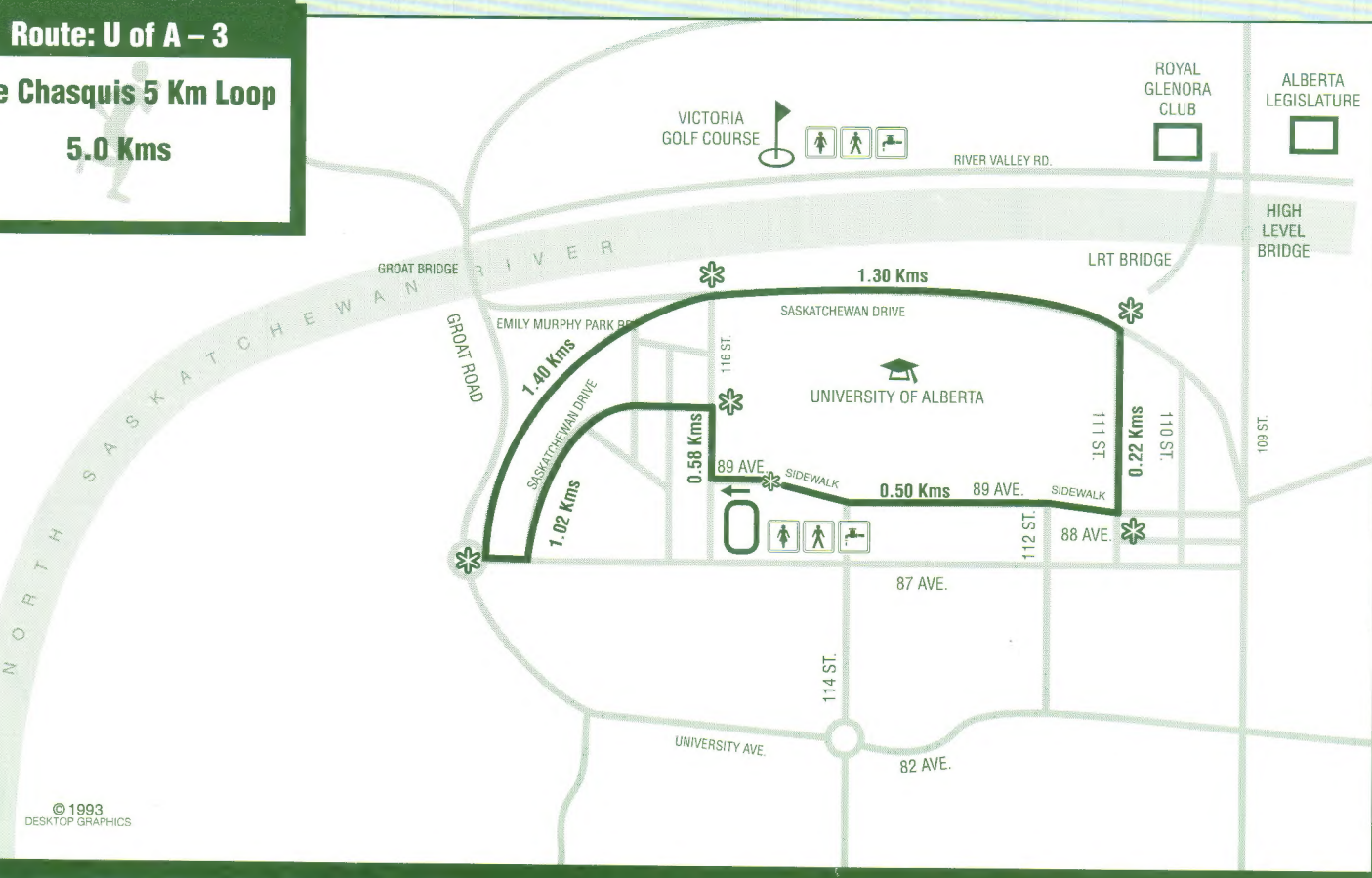
Route: U of A - 5

Winterroad Race Route
7.3 Kms



Route: U of A - 3

The Chasquis 5 Km Loop
5.0 Kms



Route: U of A - 6

The Workmen's Compensation
Loop de Doop
8.55 Kms

